



## GF-18012

### Push up and Dip Station



#### Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 1080×620×1810mm

**Training Space:** ∅2000×2200mm

**Safe Area:** ∅3500×3700mm

**Free Height of falling:** 1360mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Enhance the strength in the whole upper body, arms, shoulders, chest & back.

## DIRECTION

1. Stand between the bars, facing outwards, while keeping a straight back placing both hands on the parallel bars;
2. Raise your knees up towards your chest to work the abdominal muscles; or alternatively try dip, lowering your body between the bars to work the shoulders, biceps, and triceps;
3. Slowly return to original position maintaining a smooth, controlled movement during exercise;
4. Increase repeats as strength improves;

## CERTIFICATION

**EN16630:2015**

